



GET FIT AND ACTIVE FOR 2018

## Active Adults Newsletter January 2018

GETTING READY FOR THE HOLIDAYS

## Fitness for Active Adults

Exercise has been proven to reduce pain and stiffness, as well as improving strength and overall health! This class is designed for the Active Adult who wants to experience an introduction to cardiovascular fitness while incorporating both strength and balance. Improve your strength, flexibility and posture!

Ages 50 & up | R/NR \$40

**Program:** #35200

**Date:** Begins Jan. 9

**Time:** 9-9:45a or 10-10:45a

**Location:**

Plfd Twp Comm Center



### Cardio Fun!

Step it up a notch with this cardio class especially designed for the adult who wants a faster tempo and motivational exercises! Improve your agility, balance and coordination! This class includes moderate to moderately heavy low impact cardio exercise, focusing on major muscle groups and strengthening for the heart and lungs.

**Program:** #35202

**Date:** Friday, Jan.12-Mar.9

**Time:** 9-9:45a

**Location:** Plfd Twp Comm Center

**Ages:** 50 & up | R/NR \$20

# Upcoming Events & Programs!

## Functional Fitness

Mondays, Jan.8-Feb.26 | 9:15-10a | Program #35207

Ages 50 & up | R/NR \$20

## Gentle Yoga

Mondays, Jan.8-Feb.26 | 9:15-10a | Program #35207 | Ages 50 & up | R/NR \$20

## Massage & Reflexology

Appointments Available every Tuesday! | Call the PTCC to check availability at (815) 267-3350 Research shows the benefits of massage and reflexology have a positive impact on stress, range of motion and relief of pain.



## 2018 Chicago Auto Show

Explore the largest world of transportation. One million square feet of domestic and imported passenger cars and trucks, sport utility vehicles, experimental and concept cars! The Chicago Auto Show will be held in the McCormick Place showcasing nearly 1,000 different vehicles. The bus will depart at 9:00 AM and will leave the auto show at about 2:00 PM, which will give you approximately 4 hours to explore. All children must be accompanied by a parent or legal guardian. Lunch is not included. Fee includes round trip transportation and entry into Auto Show.

**Program:** #35500

**Date:** Feb. 13

**Time:** 9a-4p

**Location:** Meet at Louis Joliet Mall

**Price:** R\$35/NR \$40 | Ages 55 & up \$35

**Ages:** 18 & up

**Registration Deadline:** January 31